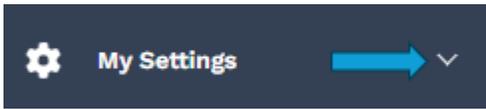


Table of Contents

6 My Settings	2
6.1 My Profile	2
6.2 My Preferences.....	3
6.2.1 Preferred Units.....	3
6.2.2 Target Ranges.....	5
6.3 My Notifications	7
6.4 My Connected Devices	9
6.4.1 Connecting to and Disconnecting from Your Fitbit Device	10
6.4.2 Connecting to and Disconnecting from Your Garmin Device	11
6.4.3 Connecting to and Disconnecting from Your Withings Device.....	11
6.4.4 Connecting to and Disconnecting from Your Omron Device	12

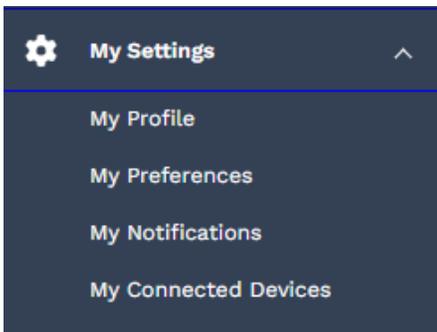
6 My Settings

On the left-hand side of your MyHealthPEI dashboard, you will see an option for **My Settings**. Beside the **My Settings**, you will see an arrow pointing down. Please click on this arrow to see what options are available to you for review.



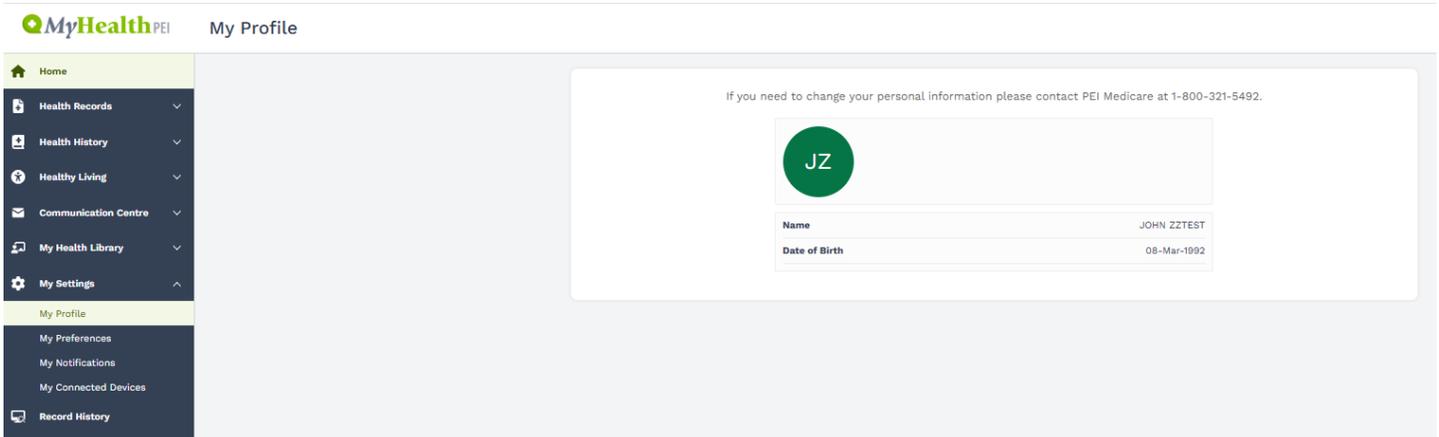
Once expanded, you will see options to access the below:

- **My Profile**
- **My Preferences**
- **My Notifications**
- **My Connected Devices**



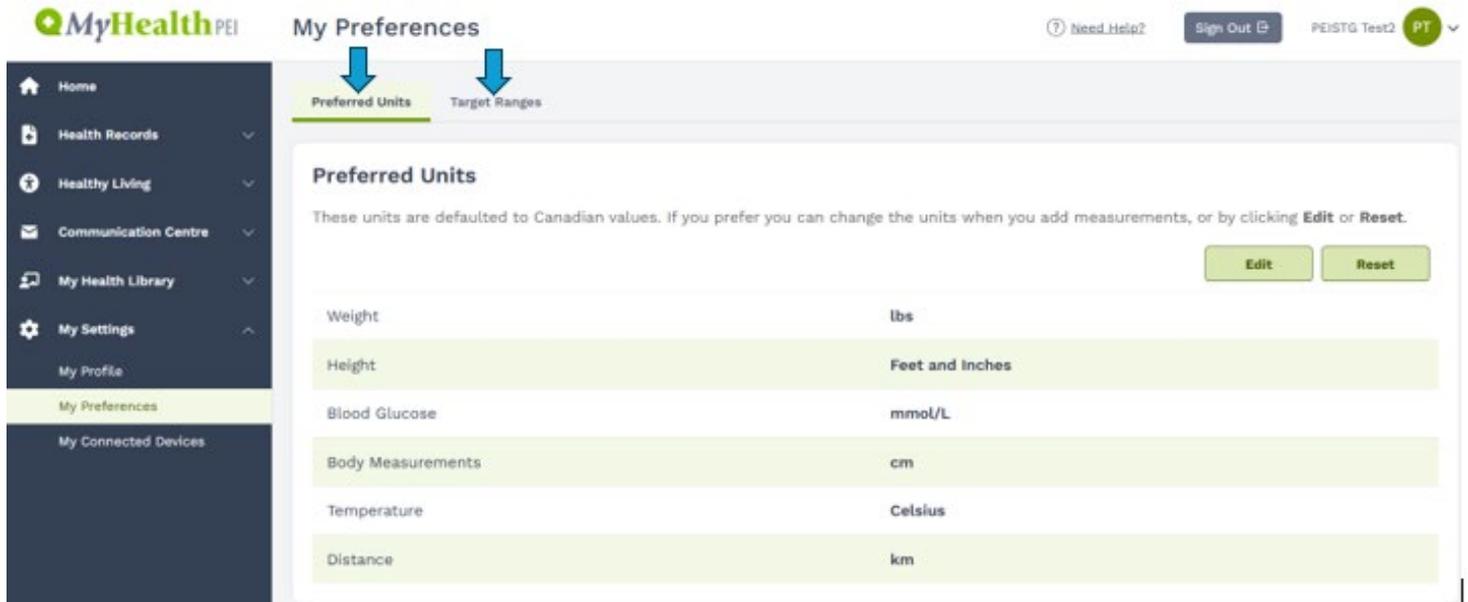
6.1 My Profile

The **My Profile** tool allows you to see information about your profile, including full name and date of birth. If this information is incorrect, please contact the PEI Medicare Office by calling (toll-free) 1-800-321-5492.



6.2 My Preferences

The **My Preferences** tool allows you to edit and reset your **Preferred Units** or **Target Ranges**. You can find the **Preferred Units** and **Target Ranges** tabs at the top of the **My Preferences** screen. Clicking on these tabs will allow you to move back and forth between these views.



The screenshot shows the My Preferences interface. At the top, there are two tabs: "Preferred Units" (highlighted with a blue arrow) and "Target Ranges" (also indicated by a blue arrow). The "Preferred Units" tab is active, displaying a table of measurement categories and their current units. The table includes rows for Weight (lbs), Height (Feet and Inches), Blood Glucose (mmol/L), Body Measurements (cm), Temperature (Celsius), and Distance (km). To the right of the table are "Edit" and "Reset" buttons. The interface also features a sidebar menu on the left with options like Home, Health Records, Healthy Living, Communication Centre, My Health Library, My Settings, My Profile, My Preferences, and My Connected Devices. The top right corner contains a "Need Help?" link, a "Sign Out" button, and a user profile indicator for "PEISTG Test2" with a "PT" role.

Measurement Category	Current Unit
Weight	lbs
Height	Feet and Inches
Blood Glucose	mmol/L
Body Measurements	cm
Temperature	Celsius
Distance	km

6.2.1 Preferred Units

Preferred Units allows you to customize the units of measurement displayed in the self-entry health information tools. Clicking the **Edit** button opens the **Preferred Units** summary table and allows you to adjust the units within the table using the dropdown lists.

Preferred Units

These units are defaulted to Canadian values. If you prefer you can change the units when you add measurements, or by clicking **Edit** or **Reset**.

[Edit](#) [Reset](#)

Preferred Units

These units are defaulted to Canadian values. If you prefer you can change the units when you add measurements, or by clicking **Edit** or **Reset**.

Weight	<input type="text" value="lbs"/>
Height	<input type="text" value="Feet and Inches"/>
Blood Glucose	<input type="text" value="mmol/L"/>
Body Measurements	<input type="text" value="cm"/>
Temperature	<input type="text" value="Celsius"/>
Distance	<input type="text" value="km"/>

For example, if you like to look at your weight in kilograms (kg) instead of pounds (lbs) or your height in metres instead of feet and inches, those changes can be made in this section, which adjust your preferred units throughout your MyHealthPEI profile.

You can customize following unit options:

- Weight – kg (kilograms), lbs (pounds), or lbs and oz (pounds and ounces)
- Height – meters, centimeters, feet and inches, or inches
- Blood Glucose – mmol/L (millimoles per liter) or mg/dL (milligrams per decilitre)
- Body Measurements – centimeters or inches
- Temperature – Celsius or Fahrenheit
- Distance – km (kilometers) or mi (miles)

Clicking the **Reset** button will open a warning message to confirm the action. Click **Ok** to confirm and restore the preferred units to the default settings.

Preferred Units

These units are defaulted to Canadian values. If you prefer you can change the units when you add measurements, or by clicking **Edit** or **Reset**.

By changing your preferred units, you will lose any personal customizations that you or your provider may have entered.

6.2.2 Target Ranges

Target Ranges allows you to set the targets for your self-entry health information (for example, blood glucose and insulin), which will adjust your ranges throughout your MyHealthPEI profile. Please note that this will not adjust your lab results as the ranges for these tests are set by the lab team.

Please consult with your care provider when setting individual target ranges to make sure you are using numbers that are right for you!

Preferred Units **Target Ranges**

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

Edit Reset

	Low	High
Systolic		
Diastolic		
Heart Rate		

	Low	High
Blood Glucose (Sugar) (mmol/L)		
Fasting Glucose (mmol/L)		

	Low	High
Weight (lbs)		
Blood Oxygen (O2) Saturation (%)		--

Clicking the **Edit** button opens the **Target Ranges** summary table and allows you to adjust the values contained within the table.

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

Edit Reset

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

	Low	High
Systolic	<input type="text"/>	<input type="text"/>
Diastolic	<input type="text"/>	<input type="text"/>
Heart Rate	<input type="text"/>	<input type="text"/>
	Low	High
Blood Glucose (Sugar) (mmol/L)	<input type="text"/>	<input type="text"/>
Fasting Glucose (mmol/L)	<input type="text"/>	<input type="text"/>
	Low	High
Weight (lbs)	<input type="text"/>	<input type="text"/>
Blood Oxygen (O2) Saturation (%)	<input type="text"/>	--

Once you have finished entering your target ranges, please click on the **Save** button to ensure your changes are saved and adjust throughout your MyHealthPEI profile.

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

Clicking the **Reset** button will open a warning message to confirm the action. Click **Ok** to confirm and restore to the default target range settings.

Target Ranges

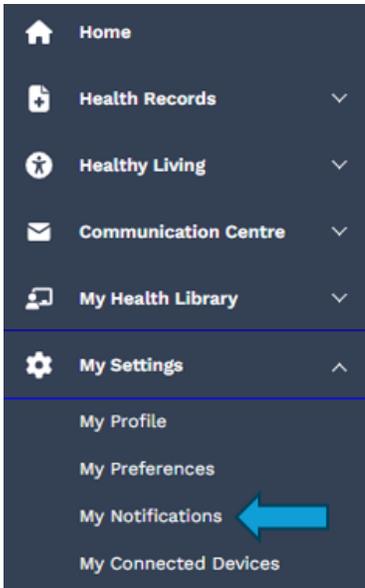
Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

By changing your target range, you will lose any personal customizations that you or your provider may have entered

6.3 My Notifications

There are a number of ways for you to view whether new immunizations or lab results have been added since your last login.

One of the ways to view if there is a new test result or immunization will be through accessing **My Notifications**, available under **My Settings** on the left-hand navigation menu within MyHealthPEI.



Clicking on **My Notifications** will bring you to a list of all available notifications. Any new information will appear in bold print with an orange dot on the left-hand side of the text.

These Notifications alert you to new information coming into your personal MyHealthPEI record from the PEI Health Record.

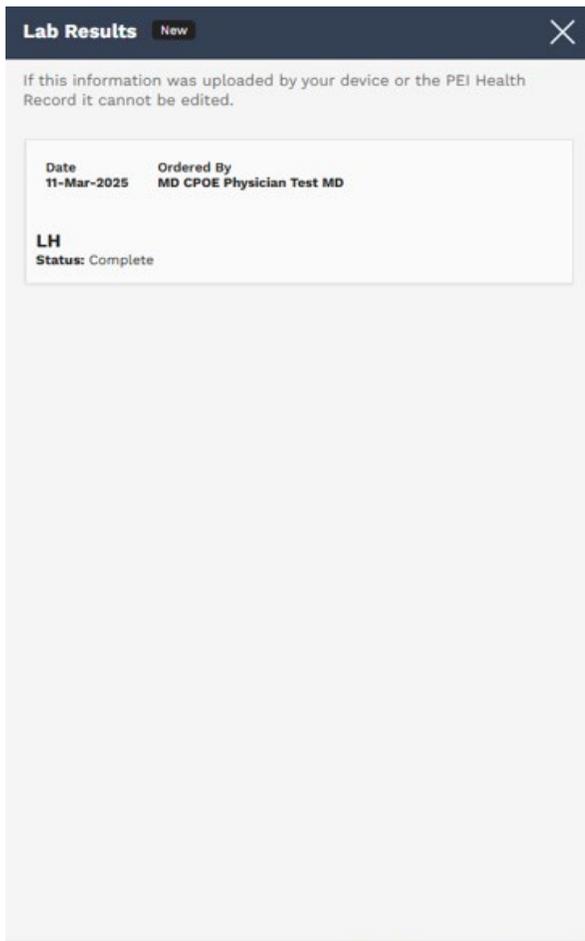
Click on each entry to go directly to the new information.

[Clear All](#)

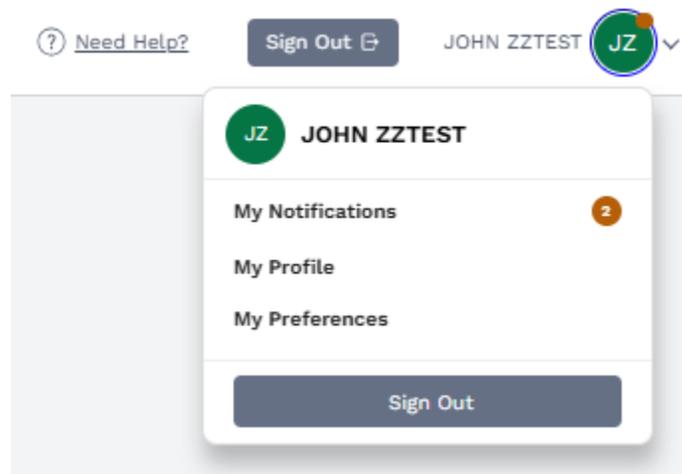
17-Mar-2025 09:20 AM You have new information in Lab Results.	×
17-Mar-2025 09:20 AM You have new information in Lab Results.	×
17-Mar-2025 09:20 AM You have new information in Lab Results.	×
17-Mar-2025 09:20 AM You have new information in Lab Results.	×
07-Mar-2025 01:21 PM You have new information in Lab Results.	×
07-Mar-2025 01:21 PM You have new information in Lab Results.	×
07-Mar-2025 01:21 PM You have new information in Lab Results.	×
07-Mar-2025 01:21 PM You have new information in Lab Results.	×
07-Mar-2025 01:21 PM You have new information in Lab Results.	×
05-Mar-2025 05:56 PM You have new information in Lab Results.	×

1 - 10 of 17 | Page 1 of 2 | [← Previous](#) [Next →](#)

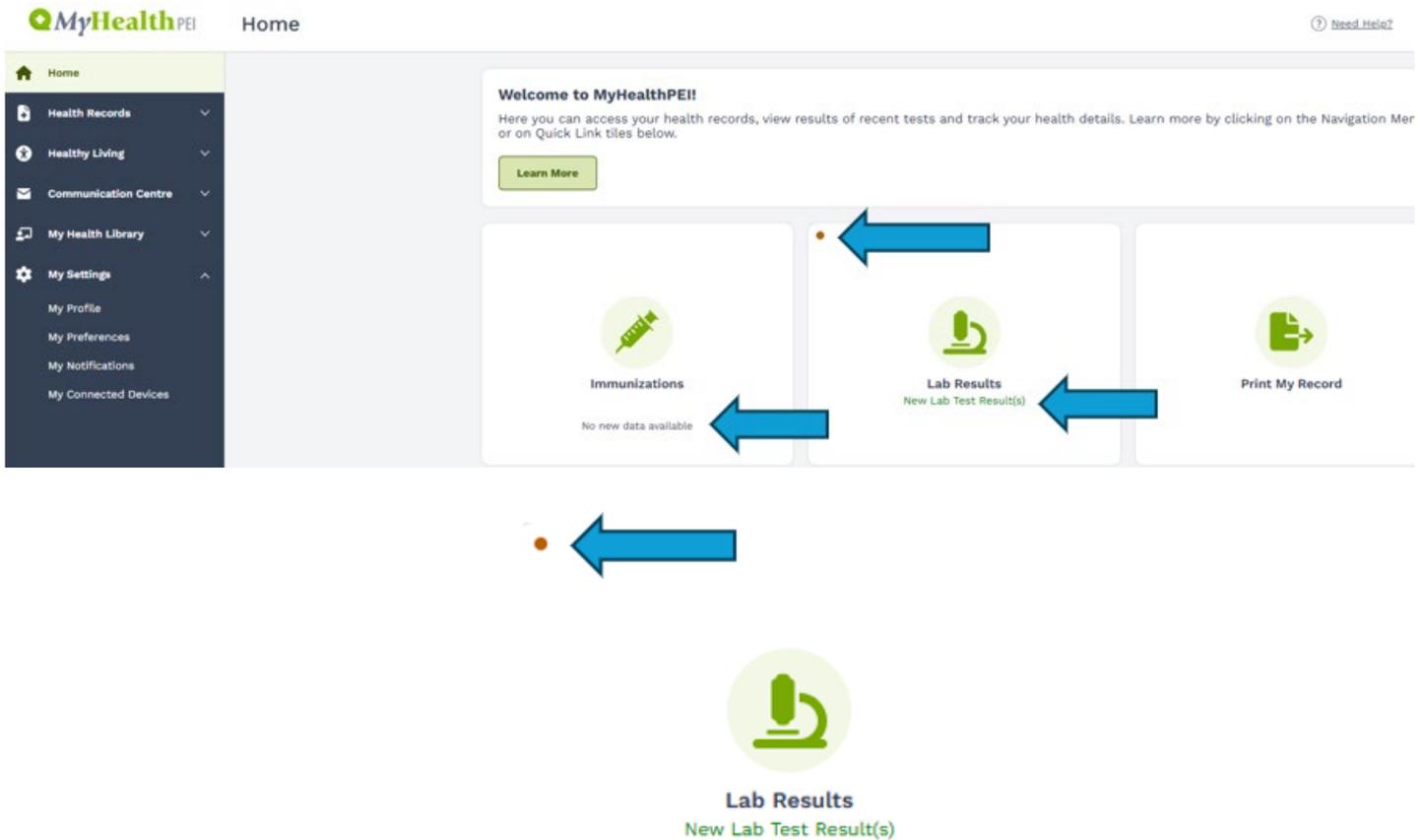
When you click on one of the notifications within this list, a pop up will appear on the right-hand side of your screen with further information. On the bottom right-hand corner of this popup window, you will see a button called **View More Information**. When you click on this button, you will be taken to either the **Lab Results** or **Immunizations** pages within MyHealthPEI where you can view the full lab result or immunization details.



Should you have new information to view in **My Notifications**, you will also see an orange dot appear on your profile name on the right-hand corner of the top navigation bar. Clicking on your profile name and selecting **My Notifications** will bring you directly to the list of available and new notifications.



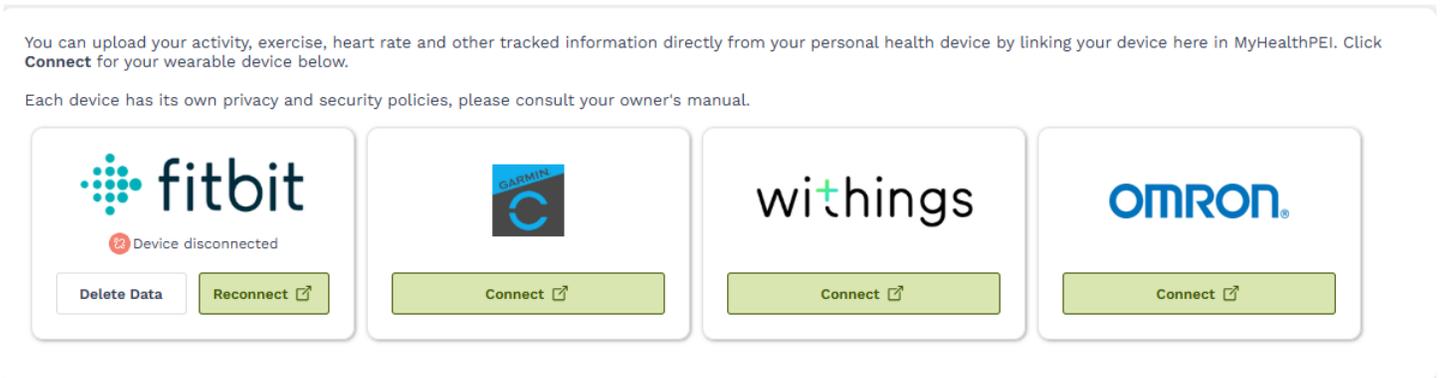
Another way to view if new information is available is to look at the **Immunizations** and **Lab Results** tiles on the **Home** dashboard screen. If there is a new result available, you will see a dot on the top left-hand corner of the tile, along with text reading “**New Lab Test Result(s)**” or “**New Immunization(s)**” on the bottom-centre of the tile. If there is no new information, you will not see a dot and the text “**No new data available**” will appear on the tile.



6.4 My Connected Devices

The **My Connected Devices** tool allows you to connect and sync health information from third party fitness and health devices. Initially, you will be able to connect your **Fitbit**, **Withings**, **Omron** or **Garmin** device to MyHealthPEI.

Note: We will expand the list of compatible devices in the near future to include **Apple Health**.



To connect and transfer readings from your device to MyHealthPEI:

1. Create an online account with the brand of your device (for example, Fitbit, Garmin, Withings)
2. Log in to MyHealthPEI
3. Go to **My Settings**
4. Click **My Connected Devices**
5. Click **Connect** for the brand of your device (for example, if you have a Fitbit device, click **Connect** under the Fitbit category)
6. Follow the prompts for your specific device, which are outlined below

6.4.1 Connecting to and Disconnecting from Your Fitbit Device

To connect and transfer readings from your Fitbit device to MyHealthPEI:

1. Ensure you have an online Fitbit account created
2. Log in to MyHealthPEI
3. Go to **My Settings**
4. Click **Connected Devices**
5. Click **Connect** where the Fitbit box appears
6. Sign into your Fitbit account
7. Give MyHealthPEI consent to get information from your Fitbit device. Click **Allow**
8. Confirm the “data types” that you want in MyHealthPEI. Click **Confirm**
9. This will take you back to the Connected Devices page in MyHealthPEI

To **sync data** from your Fitbit device to MyHealthPEI:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Fitbit box to get to the more options menu
5. Click **Sync Now**

To **disconnect** your Fitbit device from MyHealthPEI:

1. Log in to your online Fitbit account
2. Click the **gear icon** to go to the **Settings** page
3. Click **Applications** from the menu on the left
4. Click **Revoke Access**
5. Click **Confirm**

If you have disconnected your Fitbit device and want to **reconnect** it:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Fitbit box to get to the more options menu
5. Click **Re-Authorize**
6. This will take you to log in to your online Fitbit account
7. Confirm the “data types” that you want to sync to MyHealthPEI. Click **Allow**
8. This will take you back to the Connected Devices page in MyHealthPEI

6.4.2 Connecting to and Disconnecting from Your Garmin Device

To **connect and transfer readings** from your Garmin device to MyHealthPEI:

1. Ensure you have an online Garmin account created
2. Log in to MyHealthPEI
3. Go to **My Settings**
4. Click **My Connected Devices**
5. Click **Connect** where the Garmin box appears
6. Sign in to your Garmin account
7. Confirm the data types that you want in your MyHealthPEI account. Click **Save**
8. Give MyHealthPEI consent to access information from your Garmin device. Click **Agree**. You will return to the Connected Devices page in MyHealthPEI
9. You will now see that your Garmin device is connected

To **sync data** from your Garmin device to your MyHealthPEI account:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **More Options** menu (3 vertical dots) in the top right corner of the Garmin box
5. Click **Sync Now**

To **disconnect** your Garmin device from MyHealthPEI:

1. Log in to your online Garmin account
2. Go to Account Settings
3. Click **Account Information**
4. Scroll down to the Applications section of the page
5. Click the **Disconnect** button associated with MyHealthPEI
6. A window will appear that confirms your wish to disconnect your Garmin device from MyHealthPEI. Click **Disconnect** if you wish to continue with this action

To **re-authorize** MyHealthPEI to receive data from your Garmin device:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Garmin box to get to the more options menu
5. Click **Re-Authorize**
6. You will be taken to the log in page of your online Garmin account. Log in to your Garmin account
7. Confirm the data types that you want to sync to your MyHealth Records account. Click **Confirm**

You will return to the Connected Devices page in MyHealthPEI.

6.4.3 Connecting to and Disconnecting from Your Withings Device

To **connect and transfer readings** from your Withings device to MyHealthPEI:

1. Ensure you have an online Withings account created
2. Log in to your MyHealthPEI account
3. Go to **My Settings**
4. Click **Connected Devices**

5. Click **Connect** where you see the Withings box
6. Enter your email address and password
7. Click **Allow** this app to let MyHealthPEI get information from your Withings device
8. Confirm the information you want in MyHealthPEI. Click **Confirm**
9. This will take you back to the Connected Devices page in MyHealthPEI

To **sync data** from your Withings account to MyHealthPEI:

1. Log in to your MyHealthPEI account
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Withings box to get to the more options menu
5. Click **Sync Now**

To **disconnect** your Withings device from MyHealthPEI:

1. Sign in to your Withings account
2. Go to your profile menu in the top right corner of the page (next to the purple icon)
3. Click **Settings**
4. Click the **profile menu icon**
5. Scroll down to Partners
6. Click **MANAGE MY PARTNERS**
7. Click **Disconnection**
8. Click the **Disconnect MyHealthPEI** button. You will get a message that tells you “The partner was disconnected”

If you have **disconnected** your Withings device and want to reauthorize MyHealthPEI to get information from your Withings device:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Withings box to get to the more options menu
5. Click **Re-Authorize**
6. This will take you to log in to your online Withings account
7. Click **Allow** this app to let MyHealthPEI get information from your Withings device
8. Confirm the information you want in MyHealthPEI. Click **Confirm**
9. This will take you back to the **My Connected Devices** page in MyHealthPEI

6.4.4 Connecting to and Disconnecting from Your Omron Device

To **connect and transfer readings** from your Omron device to MyHealthPEI:

1. Ensure you have an Omron account created
2. Log in to your MyHealthPEI account
3. Go to **My Settings**
4. Click **Connected Devices**
5. Click **Connect** where you see the Omron box
6. **Authorize** this app to let MyHealthPEI get information from your Omron device
7. Confirm the information you want in MyHealthPEI. Click **Authorize**

8. This will take you back to the Connected Devices page in MyHealthPEI

To **sync data** from your Omron account to MyHealthPEI:

1. Log in to your MyHealthPEI account
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Omron box to get to the more options menu
5. Click **Sync Now**

To **disconnect** your Omron device from MyHealthPEI:

1. Navigate to the **My Connected Devices** page within MyHealthPEI.
2. Click the **Disconnect** button in the Omron box.
3. A dialog box will appear asking you to confirm that you want to disconnect the device. Select **Disconnect**
4. Once disconnected, the Omron box on under **My Connected Devices** in MyHealthPEI will display a **Reconnect** or **Connect** button

If you have **disconnected** your Omron device and want to reauthorize MyHealthPEI to get information from your device:

10. Log in to MyHealthPEI
11. Go to **My Settings**
12. Click **My Connected Devices**
13. Click the **3 vertical dots** in the top right corner of the Omron box to get to the more options menu
14. Click **Re-Authorize**
15. This will take you to log in to your online Omron account
16. Click **Allow** this app to let MyHealthPEI get information from your Omron device
17. Confirm the information you want in MyHealthPEI. Click **Authorize**
18. This will take you back to the **My Connected Devices** page in MyHealthPEI

To access further information and support with your device, please reach out to the support links listed below:

- Fitbit → https://myhelp.fitbit.com/s/support?language=en_US
- Garmin → <https://support.garmin.com/en-CA/>
- Nokia / Withings → <https://www.nokia.com/support/>
- Omron → <https://omronhealthcare.com/en-ca/support>